

WI Officers

Su Hillman, President; Wendy Fiander, Secretary; Gillian Case, Treasurer

No 31

WILCOVE WI Newsletter

April 2020



Welcome to your Wilcove WI newsletter, which this month will take the place of our normal meeting to keep you in touch and provide some diversions at this challenging time. Thank you to everyone who has sent contributions.

New committee

Thank you to everyone who participated in our novel virtual 'Annual Meeting'. Your officers and new committee are as follows:

President	Su Hillman
Secretary	Wendy Fiander
Treasurer	Gillian Case
Committee members	Linda Myles
	Fiona Riggall
	Liz Undy
	Joyce Walsh

We are pleased to report that we managed to hold a successful 'virtual committee meeting' using Zoom on Tuesday 14 April.

'Good To Share' – the Wilcove WI book to celebrate 70 years in 2020.

We have had a first progress report from our graphic designer. She is very impressed with the content and has been loving reading the memories and stories. She thinks it will be a lovely book for us all. To quote from her report:

'...charming, treasure-trove of personal writings, women but with a childlike magic, a mix of whimsical and elegant simplicity. I basically think that it needs a strong, clean, beautiful and consistent layout with moments of playfulness. The words and images are so beautiful that all it really needs is to give them some presence.'

She has asked for photographs of those of you who have contributed your stories by answering our 6 questions, so at some point we will need to arrange a way of having high quality portrait photos taken by one photographer in a way permitted by government guidance on travel and social distancing – any offers from amateur photographers very welcome!

Royal Cornwall Show

As I am sure you know, the Royal Cornwall Show has been postponed, with new dates now set for 10-12 September. The team preparing our competition entry had made progress with this but all is on hold at present, pending more certainty about arrangements.

Spring Countdown

The Cornwall Federation Spring Countdown meeting was cancelled, as was the National Annual Meeting in June.

Wilcove WI

Contact Details; Secretary; wilcovewi@gmail.com

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For the love of Scrubs project – contribution by Wendy Fiander

I was sent 2 emails by different people about a project to make sets of scrubs for the NHS, where there is a shortage in the current situation – many clinical staff don't normally wear scrubs but are now required to do so. They are worn underneath the standard PPE and need to be washed daily separately from other items. On further investigation I found a Facebook page called 'For the love of Scrubs' set up to coordinate production of these scrubs on a national basis and discovered that they were needed locally – for this area they are first sent to the Royal Devon and Exeter Hospital who supply linen to Derriford.

So I approached the committee of Wilcove WI about funding for fabric and they kindly agreed to pay for the first batch of 74m – enough to make 19 sets of scrubs – I had never seen so much fabric all of the same kind before! I rang everyone I knew who could sew, which includes several of our Wilcove WI members, and 12 ladies in Torpoint and Millbrook agreed to help with the work. Before long I had cut out 19 sets and Su Hillman kindly distributed them, with instructions, to our group and then collected them when finished one week later. The first batch of 16 were posted to our coordinator in Exeter on Tuesday 15 April.



One of our members, Kerry Beats, had a steep learning curve as she found out how to make her fantastic embroidery machine sew the logo onto ribbon, which has to be sewn on the outside of the tops, so thank you very much for that!



Of course we had to continue as the need remains so I approached Torpoint, Maker with Rame and Donderry and Seaton WIs, Millbrook Craft Club and the Rame Lions about funding another batch of fabric. It is wonderful that they have all donated funds sufficient to cover another 75m of fabric, and local businesswoman Helen Round managed to order the fabric through her wholesaler and donated another 25m herself, so we are well on the way to making 25 sets from this over the next week or so. More ladies volunteered to help, including 6 from Donderry and Seaton WI.

Four of these 25 sets will go now directly to Pentorr Health as they need them for the staff working in their Red Room for Covid-19 patients.

And now it continues to grow! I set up a Just Giving page to raise funds to buy more fabric and as of 9.00am on 21 April the total raised stands at £1005 – wow! The page is at:

https://www.justgiving.com/crowdfunding/wendy-fiander?utm_term=Pdbxman5W

So grateful to all the donors, most of whom I don't know, and those who have spread the word via social media. CHAT have also donated £300 in addition to this. I have ordered another 200 metres (!) of fabric, enough to make 50 more sets of scrubs and also some water repellent fabric to make gowns. These won't be the correct specification for hospital use but I am following the example of a group in Petersfield who are making them for GP practices and care homes for staff to wear under their standard issue aprons, and the Rame Group practice would like some as a start. More ladies have come forward to offer to sew as a result of this

appeal, so there are 28 of us now (and Su as a wonderful delivery person). I have also recruited my husband as accountant and general admin assistant!

Thank you to Wilcove WI for kick-starting all this by donating the first funding for our endeavour and to those members who are working hard to produce the finished items. If anyone would like to sew a set and hasn't been asked, please do let me know!

Quiz Of The Month – contributed by Lynn Vickery

Here below is a quiz to occupy a spare moment- apologies for the poor quality of the reproduction, which just adds to the challenge – it is clearly a photograph of the original! Answers to be given in the next newsletter.



Keeping a diary- a contribution from Liz Undy

Perhaps I'm teaching a grandmother to suck eggs but here is my suggestion about keeping a diary in these troubled times.

I've kept a diary for years. Not an appointments calendar as such but a diary of my days in a notebook of some kind. Initially this was to help me get through a difficult period in my life. Writing down feelings "got things off my chest" and allowed me to record happy events too. It meant that I could deal with "stuff" rather than seek therapy - which I have always resisted. It's also really interesting, if you're in the mood, to look back to what you did on this date last year / two years ago and even further back in my case. If you start a diary now you can re-read it this time next year and remind yourself what you were doing (or not doing), how you were coping, what the weather was like, when the swallows appeared, when the beech tree at the bottom of the garden cast its sticky bud coating and the leaves began to burst (this year it's 2 weeks earlier than last year, by the way).

Keeping my diary has continued, although I am fine now. What's been really useful since lockdown started is that I am writing about what I have done (cleaning cupboards, doing washing, emptying wardrobes and packing clothes up ready for charity shops to open, cutting the grass, planting seeds etc.) because all days seem to be the same and, because time drags, referring back in the diary tells me when I did certain things. I realised that it was over a week since I had washed my hair, but only two days since I stripped the beds and washed all sheets, mattress and pillow protectors. That was useful because I thought I was ready to change the sheets again.

Reading recommendations – a contribution by Linda Myles

One day of the things I love doing is reading. I belong to a book club which has been going for 12 years, we meet once a month and because that I have read books that I would never have thought of trying.

Before lockdown if I read I was often left feeling guilty, my need to be busy and doing nagged at me.

But since the lockdown I have been reading with gusto. These are some of the books I have finished since normal life has been curtailed. Let me know if you have read anyone of the books and what your thoughts are on:

Peaches for Monsieur le Cure - Joanne Harris

The mother in law- Sally Hepworth

Saving Missy - Beth Morrey

The Keeper - Graham Norton

Unexpected Inheritance of Inspector Chopra - Vaseem Khan

Where the crawdads sing - amazing

The Whisper man - gripping if you like crime thrillers

Just started So much of life left - Louis de Bernieres

Recipe of the month – contributed by Lynn Vickery

Enjoying having time to experiment. This recipe has a deliciously nutty mushroomy flavour and needs no embellishments.

Chicken and Wild Mushroom risotto. (Lovely wild mushrooms available in Torpoint and Millbrook Veg Shops).

For two:

- Tsp olive oil + good knob butter
- 3-4 oz risotto rice
- 1 small onion
- Clove garlic crushed
- 1 lg or 2 sm chicken breasts chopped
- 1 pk wild mushrooms
- Dry white wine- 1 good glass (or more)
- About 1/2 pt chicken or veg stock - (2cups)
- Dessert sp dried or handful fresh chopped parsley.
- Heaped Tsp grated Parmesan

Method:

- Make stock in a jug
- Melt oil and butter in a large frying pan and sweat onions over med heat.
- Add chicken and gently fry until beginning to brown - stirring
- Add rice and continue stirring for about 5 minutes.
- Add mushrooms - chop the clumpy ones. Stir to coat and beginning to cook(you'll smell it)
- Add the wine in one go, stirring until beginning to absorb
- Add stock a little at a time as each addition is absorbed (should take about 20 mins)
- Rice is ready when it is creamy and slightly al dente
- Turn off heat. Add parmesan and parsley and s&p to taste
- Place lid on pan and leave for 5 minutes. Stir.
- Serve in warm bowls - with garlic bread if desired.

Craft suggestion – contributed by Celia Lister

We have time at the moment to get some advance preparations done for birthdays or Christmas and Celia has very kindly produced a tutorial for us about how to make our own gift tags. This is included as another attachment with this email for those of you who want to print it out, or view it on screen.

You might be pleased to know that this tutorial was sent to the Cornwall Federation, who have now circulated it to all WIs in Cornwall for others to use as well.

For the knitters – contribution by Joyce Walsh



Here is a pattern for a 'trauma teddy', which are given to a range of services to give to children affected by trauma. They will be collected by Torpoint and Rame Lions Club when they are able to do so. Please contact Joyce for more information, but here is the pattern and a photo of some finished bears. Joyce also has a pattern for a crochet version so please contact her if you would like that.

TRAUMA TEDDIES PATTERN

You will need:

No 10 (3¼mm) needles
Double knitting wool in four colours:
Colour 1 for the head and paws
Colour 2 for the trousers
Colour 3 for the jumper
Colour 4 for the scarf

Legs, body and head:

Cast on 10 stitches in colour 1
Knit 10 rows

Change to trouser colour and knit 30 rows
Make another leg the same
Knit across all 20 sts and work 16 rows

Change to jumper colour and knit 24 rows

Change to main colour for head and also change to stocking stitch.
Work for 5½" (14cm) and change to jumper colour
Continue remainder of teddy in reverse order. Cast off.

Arms:

Stitch down the side of the head and with the jumper colour pick up 8 stitches on either side of the neck join (16 stitches in all) and knit 20 rows

Change to main colour and knit 10 rows for the paws, cast off.

Scarf:

Cast on 75 stitches in colour 4, knit 4 rows and cast off.

To make up:

Sew diagonally the top corners of the head to make ears. Stuff the head and run a thread through the knitting around the neck to draw it in. Sew up the rest of teddy leaving opening in crotch for stuffing. Sew a happy face on the teddy. Tie the scarf around the teddy and sew firmly to the back of the neck.

Finishing:

Please stuff the teddy with either polyester or other healthy padding. Foam rubber is not recommended as babies/young children might chew it. *Do not* use buttons or beads or anything hazardous which may become detached and be a hazard to young children. The finished teddy will be about 10 inches (25cm) tall.

The reputation of the WI goes far and wide! – contribution from Dot Hill

At the beginning of April during Lockdown, I received a landline telephone message request, listened to 2-3 hours later as I had been working in the garden. I had had my mobile telephone with me as I had only just signed up as a Responder – for chats – and couldn't understand how my landline had come to be used. The request was from a gentleman who was calling on behalf of a client asking if someone could collect some urgently needed medicine from the PDSA, from Plymouth. I called him back, to learn that he had in fact contacted the Antony Community Support Line 01752 814700, which I was about to give him, and that all had been arranged. "How did you come across my telephone number?" I asked. "I didn't know whom to ask", he replied, "so I thought I would contact the Wilcove WI and found your number." Apparently, I was still listed as Secretary, but didn't get to find out where, as I was just relieved that all was well.

A poem for these times, written by Pam Ayers – suggested by Su Hillman

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem, sweet old ladies,
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more

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Contact Details; Secretary; wilcovewi@gmail.com

I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!



Stamps

Please keep collecting your used stamps as we will send them to the RNIB to raise funds.

Best wishes to all our members – stay safe!

Your Wilcove WI Committee

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